



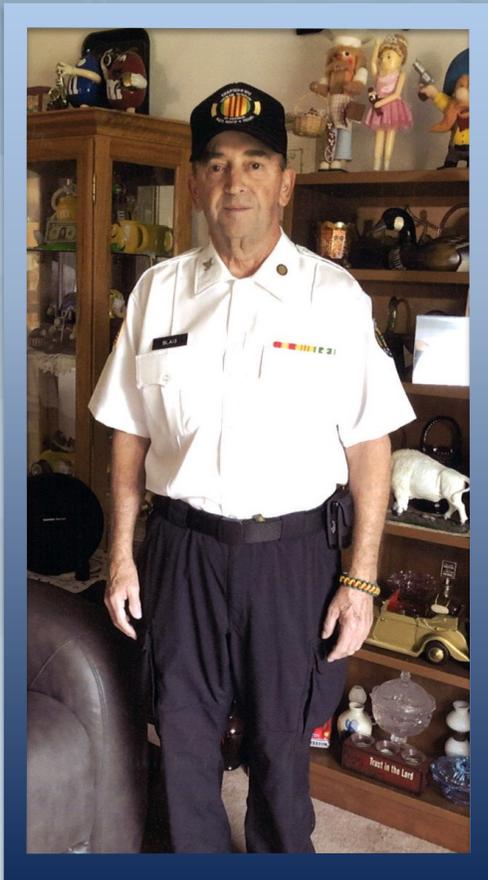
# Success Stories

*Healthy Living Matters. Prevention Works.*

## *MOVE! Referral + Persistence = Success*

***AFTER STRUGGLING WITH HIS WEIGHT FOR YEARS, VETERAN JOSEPH BLAIS FOUND SUCCESS LOSING WEIGHT AND MORE.***

Joseph's persistence, combined with guidance from the Central Texas VA Healthcare System MOVE! team, helped him lose more than 90 pounds, improve his health and breathe better too!



### *Realizing change was needed*

Joseph had struggled with his weight for 25 years. He tried many different programs and home remedies, visited many doctors, and read a variety of weight loss books.

Then, just over two years ago, his Primary Care provider recommended he try the MOVE! Weight Management Program for Veterans. Joseph accepted the recommendation. He started out by attending the weekly group sessions, and most recently has been participating in monthly MOVE! support groups.

### *Tools for success*

According to Joseph, “MOVE! is not just another diet where you are hungry all the time and after losing a few pounds you start gaining again. This program provides guidelines about using diet and exercise in a reasonable manor.” Joseph credits MOVE! team members Amber Everett, Registered Dietitian and David Davis, Social Worker, for their support and keeping him on track with his goals.

### *How is your life different now?*

“I have the ability to do more without getting tired out as much. I can breathe so much better. I am now more active in Veterans Organizations.” Joseph explained that he has made changes to his daily habits including planning for healthier meals by starting with a healthy shopping list.

### *Persistence for better health*

By setting goals with MOVE! and persisting to achieve those goals, Joseph has seen great health improvements. He has lost more than 90 pounds and ten inches from his waist, decreased his medications, and is breathing better. Joseph says that he intends to continue working on his exercise goals by walking, stretching, strengthening with resistance bands, and doing yoga. Keep up the great work, Joseph!

“Give MOVE! a try, they can help you see where you keep slipping up. They helped me!”

– Joseph Blais

